

The Edge

July - August 2022



Flood of support

Our wonderful community always gets behind great causes. Read about some of them inside...

Don't forget your mate this winter

Tips for how to ensure your pooch stays comfortable this season, and beyond

Established homes are a hot commodity

Refer a friend to our resort and you could earn yourself a cash reward



Pictured: Looking for warm conversation this winter? Our fire pit is the perfect place to pull up a chair, a snugly blanket and a glass of wine to catch up with neighbours.



Welcome

Hello all and welcome to another edition of our resort newsletter, *The Edge*.

We are very pleased to announce that the last home at Palm Lake Resort Toowoomba has been officially handed over and all homes are now completed and occupied. A big welcome to our latest (and last 'new') homeowners. You can meet some of them on Pages 4-5.

We would like to take this opportunity to acknowledge the outstanding work done by both Palm Lake Works (our construction team) and the Palm Lake Resort Toowoomba Sales Team, lead by Shirley and Jacky. Despite mounting material shortages brought about by the pandemic, as well as COVID-related staffing challenges and unprecedented weather events, our amazing teams have worked tirelessly to overcome these tremendous obstacles during one of the most challenging periods in our recent history.

Of course, while we are very proud of our beautiful resort and everything it has to physically offer, what really makes it special are our wonderful homeowners and the extraordinary community that has grown here at Palm Lake Resort Toowoomba. You are our pleasure!

You can read about just some of the wonderful neighbours who call this resort their home in the following pages of our newsletter. For example, check out the story about the team who volunteered their time to support flood victims (see Page 5) and, of course, we like to have a little fun as well (see Page 7)!

Enjoy the read. We'll see you around the resort grounds.

Mark Kelly & Karen Hopkins
Palm Lake Resort Toowoomba Caretakers

Contact us

Looking for more info about Palm Lake Resort Toowoomba? Find us here:

Online: palmakeresort.com.au and choose "Toowoomba" from the "Our resorts" menu.

Social media: Follow Palm Lake Resort on Facebook and Instagram to see what's happening right across our 28 Palm Lake Group locations.

Address:
Gate 1, 97-161 Hogg St, Cranley.

Freecall: 1800 280 129.

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News briefs



Extra! Extra!

If you haven't already received a copy of the Winter 2022 edition of our company magazine, *Your Time*, you should check it out online. Visit www.palmakeresort.com.au and click on the 'News & Events' tab.

What's on around Toowoomba

July 9-10: Antiques and Collectibles Fair Exhibitors will showcase an extraordinary range of interesting antiques, from pottery to memorabilia, and other collectibles. Catch the Fair at the Toowoomba Showgrounds.

July 29-31: The Queensland Outdoor Adventure Expo This is the region's largest event of its kind, featuring more than 140 companies. You will find a massive display of caravans and camper trailers, hybrids, vehicle and 4x4 accessories, holiday and tourism providers, tools, gadgets, camping gear and more. There's plenty to see and do. Enjoy the daily entertainment including camp oven cooking demonstrations and offroad skills demos. It's on at Toowoomba Showgrounds.

August 30-October 2: Toowoomba Art Society's Spring Members Exhibition Come along and support greater Toowoomba artists in this month-long exhibition to be held across the Culliford and Perinet Galleries of 'Culliford House', 1 Godsall Street, Toowoomba. Official opening and presentation of the Society's annual awards: September 3, 2pm. The website has details of all artists involved. Visit www.toowoombaartsociety.com.au

September 1-30: Toowoomba Carnival of Flowers The festival website is already brimming with info if you'd like to plan your month early. Visit www.tcof.com.au

My faithful sat nav

Contributed by a fellow Palm Lake Resort resident:

I have a little Sat Nav, it sits there in my car,
A Sat Nav is a driver's friend, it tells us where we are.
I have a little Sat Nav, I've had it most my life,
It's better than the normal ones; this Sat Nav is my wife.
It gives me full instructions, especially how to drive,
'It's 60ks an hour here,' it says 'and you're doing 65'.
It tells me when to stop and start, and when to use the brake, And
tells me when it's never ever, safe to overtake.
It tells me when a light is red, and when it turns to green, It seems to
know instinctively, just when to intervene.
It sees the vehicles right in front, and all those at the rear, And taking
this in to account, it specifies my gear.
I'm sure no other driver, has so helpful a device,
For when we leave and lock the car, it still offers its advice.
It fills me with strong counselling, each journey's pretty fraught, So
why then don't I change it, and get a better sort.
Ahh well, you see, it cleans the house, and makes certain I'm well fed,
It washes all my shirts and shorts, and keeps me warm in bed.
But despite all these advantages, and my tendency to scoff,
I only wish that now and then, I could turn the bloody thing off.

What's on a bit further afield

August 6-14: The Royal Queensland Show is back after a two-year hiatus. Get your Ekka fix of Dagwood dogs, strawberry sundaes, the cutest farm animals, fashion and more. Fun for the whole family!

September 2-24: Queensland's premier arts event, Brisbane Festival, will light up the city in a blaze of colour this September, with extraordinary art, installations and live performances from home and across the world. Visit brisbanefestival.com.au for the full schedule of events.

Home, sweet home

DID YOU KNOW THERE ARE MORE THAN 6200 HOMES IN TOTAL ACROSS 25 ESTABLISHED RESORT LOCATIONS WITHIN THE PALM LAKE GROUP PORTFOLIO (WITH FOUR GREENFIELD SITES AWAITING DEVELOPMENT)?

It's easy to understand how the Palm Lake Resort over-50s 'dream' can come in all different shapes, sizes and variations - here too, at Toowoomba.

Palm Lake Resort Toowoomba's Senior Sales Consultant Shirley Ortez has seen a lot in her time with the company. Her Palm Lake Group experience began back in 2011 selling homes as we were first breaking ground at this resort. Eleven years down the track, Shirley is still today spruiking the beauty of our resort's elevated and picturesque semi-rural setting. With Palm Lake Resort Toowoomba only recently officially "sold out", Shirley is now focussed on connecting her clients with some really impressive established homes.

"Established homes are actually a great option because many have additions that the new homes might not offer," she explains. "For instance, owners might have upgraded their window coverings to plantation shutters or installed garden sheds in their time there. The other thing you generally get with an established home is a beautiful established garden. All the work is done."

Shirley says established-home buyers, in completed resorts, tell her that they love the fact that all their resort's facilities are complete and available to them, right from the get-go. And there's no construction to contend with.

"All of our established homes at Toowoomba present really well and our northerly aspect, with views out over the adjacent hillside, is really appealing," she says. "Some of these 'established' homes are only a year or two old so they are still presenting as pretty well new."

"And established home sales at Toowoomba are exploding right now!" Shirley adds. "There is a whole stack of Baby Boomers coming through and the Palm Lake Resort concept is really grabbing those people who want to have all the best elements of over-50s community lifestyle resort living - especially the facilities - right at their doorstep."

The other selling point for Palm Lake Resort Toowoomba is that we are co-located with a Palm Lake Care community.

"Co-located care is really appealing to many of the people we see in the Sales Information Centre here at the moment," Shirley says. "They might have family members who would enjoy respite stays initially, with scope to move up to a more permanent arrangement further down the track. Or the homeowners themselves are planning ahead for their own future care needs."

WELCOME
HOME,
NEW
FRIENDS!



Phillip & Sheryl Ward



June Day (with Shirley Ortez)



Arthur & Deanne Heap



Judy Kelly



Patrick & Helena Allport

Flood of support

By Rolly Sondergeld (Home 323)

2022 has, so far, been a year of unprecedented flooding which has left many people with no home to return to and a total loss of property which can never be replaced.

In late February, a wall of water raced across the Richmond Valley flowing at a speed of 50kmh, at a depth of five metres above the bank of the river. The flood-affected towns included Coraki, Woodburn, Lismore, Wardell and Broadwater.

A second flood in mid-March of approx. 2.5 metres then tore through these same areas, residents of which were still recovering from the first flood.

A small team from Toowoomba went down to help for several days. They found the task daunting and the destruction had to be seen to be understood. This team then decided to make a second trip down in late April and when we, here at Palm Lake Resort found out about the planned trip, we felt we could assist in making a difference.

The call went out to our fellow Palm Lake Resort Toowoomba residents alerting them of this trip, giving residents the opportunity to contribute. The response was overwhelming, to say the least. We received donations of money, clothing, cleaning products, blankets, towels and many many other essentials items. The generosity from the Palm Lake Resort community was simply amazing and truly heartwarming.

Our team took a four-wheel drive ute and trailer filled with goods and were able to assist nine families with these donations. The monetary donations totalled \$5,500 and the supplies were valued at \$3000.

We have been deeply touched by the exceptional response from our Palm Lake Resort community and would like to thank everyone for being so caring and generous. It has made me very proud to be a member of this Palm Lake Resort community.

Our thoughts and prayers stay with these hard-hit communities and we hope the residents' lives can soon return to some form of normality.

Weekly activities

(PLR) denotes Palm Lake Resort-sponsored activities.
(RC) denotes activities organised by our residents. Please check with the Residents' Committee and/or the specific organisers of each event for more info before you attend.

Monday

8.30am: Aerobics, Misty Ridge (PLR)
8.30am: 500 cards, Pinnacle (RC)
9.30am: Beginners line dancing, Pinnacle (PLR)
10.45am: Intermediate line dancing, Pinnacle (PLR)
12noon: 500 cards, Misty (RC)
1pm: Mahjong, Misty (RC)
1pm: Hand and Foot cards, Pinnacle (RC)
2pm: Darts, Pinnacle (RC)
3pm: Indoor bowls, Misty (RC)

Tuesday

8.30am: Beginners line dancing, Pinnacle (PLR)
8.45am: Bus to Grand Central (PLR)
9.30am: Intermediate line dancing, Pinnacle (PLR)
10.30am: Aqua aerobics, Misty (PLR)
12noon: Bistro lunch, Misty Ridge (PLR)
1pm: Craft work and Canasta, Misty (RC)
1pm: Pool/billiards, Pinnacle (RC)
2pm: Aqua aerobics, Pinnacle (PLR)
2pm: Tai chi, Pinnacle Bowls (PLR)
6pm: Dinner, Pinnacle (PLR)

Wednesday

8.30am: 500 cards, Pinnacle (RC)
9am: Tai chi, Misty Ridge (PLR)
10.15am: Steady steps, Pinnacle (PLR)
10.30am: Yoga, Misty Ridge (PLR)
11.15am: Pilates mat class, Pinnacle (PLR)
12noon: Bistro lunch, Pinnacle (PLR)
1pm: Hand and Foot cards, Pinnacle (RC)
5.30pm: Dinner, Misty Ridge (PLR)

Thursday

8.30am: Intermediate line dancing, Misty Ridge (PLR)
8.45am: Bus to Clifford Gardens, departs from both Country Clubs (PLR)
9am: Stitchers and Knitters, all day, Pinnacle (RC)
12noon: Bistro lunch, Misty Ridge (PLR)
12noon: Lunch, Pinnacle (PLR)
12noon: 500 cards, Misty (RC)
1pm: Craft work, Misty (RC)
1pm: Trivia and Pool/billiards, Pinnacle (RC)
1.15pm: Bingo, Misty (RC)
2pm: Aqua aerobics, Pinnacle (PLR)
2pm: Ukulele lessons, Pinnacle (RC)
3pm: Indoor bowls, Misty (RC)
6pm: Dinner, Pinnacle (PLR)

Friday

8am: Pilates mat class, Misty Ridge (PLR)
8.30am: 500 cards, Pinnacle (RC)
9am: Steady Steps, Misty Ridge (PLR)
9am: Bus to Bunnings, last Friday of the month (PLR)
9am: Craft work, Misty (RC)
10am-12noon: Milon Gym inductions, Pinnacle (PLR)
1pm: Mahjong, Misty (RC)

Saturday

9am: Colouring-in, Misty (RC)
12noon: Hand and Foot cards, Misty (RC)
12noon: Watercolours, Pinnacle (RC)
1pm: Backgammon, Misty (RC)
1pm: Pool/billiards, Pinnacle (RC)

Sunday

12noon: 500 cards, Misty (RC)



Pictured above: Over four massive weekends in August, the InStudio Art Trail is back in 2022. The wonderful artists of the High Country Hamlets region are opening their doors to the public! Experience and enjoy a relaxing drive through the creative studios, insightful exhibitions and have a chat with the local artists.

Get to know artists and makers of all kinds – painters, sculptors, mosaicists, felters, drawers, jewellery makers, metal workers, potter and much, much more. Watch these legends work and inspire, view their techniques, check out their materials, chat with them and learn about their stories. There is also an opportunity to purchase original works from these creative geniuses. These four big weekends are not to be missed: August 6 & 7, August 13 & 14, August 20 & 21, August 27 & 28. You can follow the group on Facebook to keep up to date with this exciting event.

And don't forget, we have our own thriving artist community here at Palm Lake Resort Toowoomba. To get to know your most talented and creative neighbours, why not stop by the weekly watercolours painting class on Saturdays at 12 noon, at our Pinnacle Country Club?

Around the grounds

By Barbara Hay (Home 503)

Another entertaining evening was had by all from the 'Hood' (Stages 6-7). **Pictured right**, our Mystery Evening had us out at the Meringandan Hotel. It was a lovely relaxing outing from start to finish - the meals were delicious and most enjoyable. This was our third Mystery Dinner, and the word has gotten around: "Mystery" really is the secret word as no one knows where we are going and the drivers themselves are only told 24 hours in advance. Our next outing will be a luncheon. Stay tuned!



WHERE
WILL THE NEXT
TOUR TAKE
US?



Pictured left: Residents of Palm Lake Resort Toowoomba were delighted to be entertained by two choirs from Toowoomba Grammar School recently. The junior choir entertained us first with a couple of lively songs, followed by the senior choir. Solo artists also performed. The choirs were competing in an upcoming eisteddfod and their performances at Palm Lake Resort gave the boys an opportunity to fine tune their performances. The audience was, of course, impressed by the enthusiasm of the young singers and we all look forward to another visit from the boys in the near future.



Vet's winter caution

WHILE YOU'RE PULLING ON YOUR LAYERS AND DIGGING OUT EXTRA BLANKETS, REMEMBER THAT YOUR PET NEEDS SPECIAL CARE DURING WINTER, TOO. KEEP THESE TIPS IN MIND FROM PETSTOCK VET DR KATHY MACMILLAN.

BEATING THE WINTER BLUES

Just like humans, pets are also at risk of developing the winter blues. Household pets, especially cats and dogs, are highly intuitive and can sense when owners are feeling lazy or unmotivated. Despite being covered in fur, even for our pets it can be tempting to stay cooped up indoors throughout winter. As an owner, staying motivated to maintain your pet's daily exercise regime is critical during the winter months for your pet's mental and physical wellbeing. Playing with your pet indoors or mixing in training sessions is also recommended.

HYDRATION

Keeping your pet hydrated is always important but it is usually something that pet owners are more aware of during the warmer months. Make sure that your pet always has access to fresh water even if it's cool.

DRINKING STANDING WATER

This winter has brought more rain than we're used to and, therefore, more puddles. When you're on your daily walks, monitor your dog closely and avoid letting them drink any standing water. Leptospirosis is an infectious

disease that can be contracted by dogs that drink or swim in contaminated water, such as puddles, ponds, rivers or dams. It can cause them to become extremely sick and, in some cases, be fatal. Symptoms include fever, vomiting, diarrhea, refusal to eat, weakness, depression and stiffness. Always take a fresh bottle of water and a travel bowl with you on all outdoor adventures – that way your pet will stay hydrated and will be less likely to pick up unwanted, harmful diseases.

SLEEPING INDOORS

No matter their age, consider allowing your pet to sleep indoors during winter. Not only will they be more comfortable, but they will use less energy maintaining their body temperature. Chilly nights can make the joints of pets suffering from arthritis more painful and breathing cold air can exacerbate respiratory problems such as bronchitis or collapsed trachea. If you have a puppy, this is the perfect opportunity to try indoor crate training and, if you have a senior pet, winter is a great time to invest in a soft, thick bed that will be easy on their joints.

HEATER SAFETY

While it is encouraged to keep your pet indoors more often than not during winter, it is important to ensure they stay safe. If you have a gas heater, have it serviced at the start of the season, prior to using it, to ensure it is not leaking carbon monoxide. And, of course, whether you're using a gas or electric heater, make sure it is always in a safe place where Fido won't knock it over.

Don't weight too long

UH OH – YOUR DOG'S BODY WEIGHT HAS CREPT UP. BEING OVERWEIGHT CAN PREDISPOSE PETS TO JOINT INJURIES, BREATHING PROBLEMS, HEART ISSUES AND SOME CANCERS. HERE'S HOW TO GET THEM FIGHTING FIT ONCE AGAIN.

Just like humans, dogs can be at risk of a plethora of health problems if they're overweight. If your pooch is showing signs of a podginess, don't stress. You are not alone. Research shows that around 40 per cent of Aussie pets are overweight. The most important thing you can do for your pet is to acknowledge the problem before it gets out of hand and start them on a path to better health. Here are some tips to help your dog lose weight healthily and gradually.

DETERMINE YOUR DOG'S WEIGHT LOSS TARGET

If your dog is generally healthy and only mildly overweight, the first thing you should do is determine their current Body Condition Score (BCS) and implement a weight loss program around this. BCS is a number assigned to your pet based on evaluation of fat at a few key areas on their body. A BCS can range from 1 to 5, with 1 being severely underweight and 5 being dangerously overweight. You can Google some very helpful BCS charts online that will help you assess your pet's silhouette from above and from the side – evaluating the ribs, spine, hip bones, waist, abdomen, muscle mass and overall fat covering. At an ideal weight you should be able to see your pet's waistline (an hourglass shape) when standing above them, looking down. And your pet's abdomen should be tucked up behind their rib cage when viewing them from the side. You should also feel your pet to evaluate their weight. Place your thumbs on their backbone, spreading both hands across the ribcage. You should be able to feel each rib under a thin layer of fat – just like you can feel the bones on the back of your hand. Be sure to reassess them every week or two until they're at their ideal condition.

Of course, if you're feeling unsure, or if your dog is significantly overweight or has pre-existing health issues, book in a consultation with your vet for further assessment and advice.

ADJUST THEIR DIET

Mildly overweight pets may be able to lose weight with adjustments to their regular diet, such as cutting out most treats and any unhealthy table scraps, and reducing their meal portions by 10 to 20 per cent. Significantly overweight pets are generally best switched to a prescription weight-loss diet. Not only do these diets provide helpful staged feeding guides, but they also help ensure your pet will not suffer any nutrient deficiencies or excessive feelings of hunger whilst their calories are being restricted.

ENCOURAGE REGULAR, APPROPRIATE EXERCISE

Whilst weight loss will largely rely on your pet's diet, regular healthy exercise is important for keeping their metabolism chugging, and helping them to maintain strong muscle support. Gentle-to-moderate intensity, low impact daily exercise (such as walking or wading in shallow water) is safest. If your pet is panting heavily, stop them for a rest and offer water. Avoid exercising your pet in hot or humid conditions, as this puts them at risk of heat stress. Remember that what your dog loses in grams, they'll gain in health and vitality!



Homes for sale

Home 305



Perfectly positioned

Situated on an extra-large corner block in a much sort after position within the resort. The home is close to the Country Club and offers a beautiful low-maintenance garden. The large north-facing alfresco is the perfect spot to sit and soak up the winter sun and enjoy the lovely open outlook.

The home offers a double garage, two bedrooms, an office and open-plan dining and living area. The extra large kitchen has all modern SMEG appliances along with stone bench tops and 2 pack finishes.

This home will not last, and an inspection is sure to impress. Phone Shirley on 0417 189 927 for more details.

Home 54

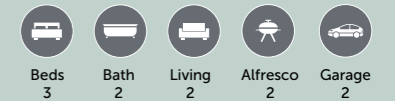


ANOTHER HOME SOLD!

Already sold!

Our Palm Lake Resort Toowoomba established homes are currently selling within a week or two of being listed to buyers waiting on our database.

Home 453

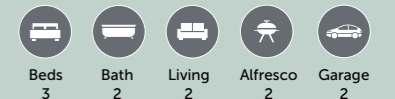


SOLD!

Eager buyers snap up their over-50s dream home

A beautiful home with an elevated north facing alfresco and glimpses off to the distant hills. A short stroll to our award winning Country Club makes this a much-sought after home. Double garage, ducted air conditioning and solar panels are some of the many features in this popular design.

Looking to sell your home?



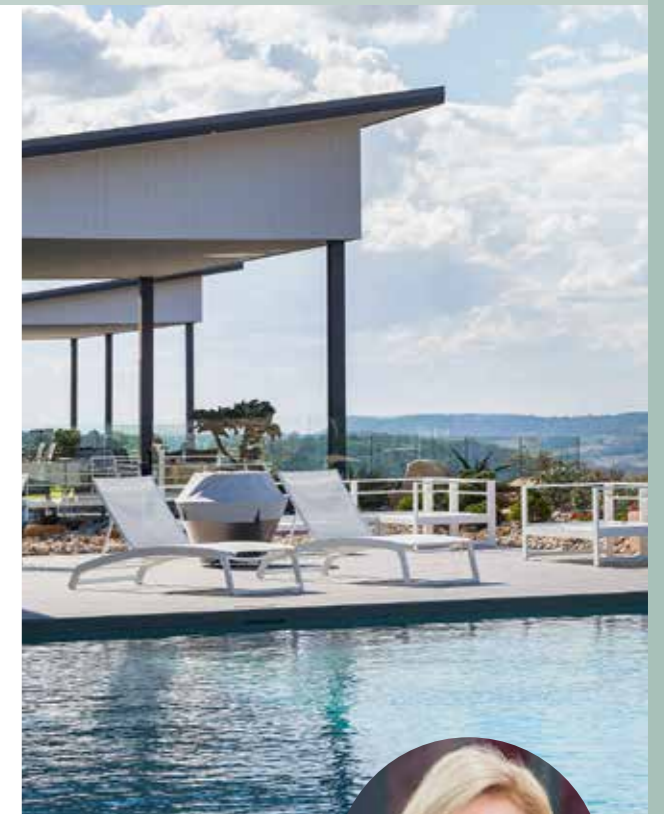
Cash buyers await!

Has your situation changed such that you are considering moving on? We have received a lot of enquiry from over-50s wanting to secure their slice of Palm Lake Resort Toowoomba.

We can provide you with a no-obligation free appraisal of your home and also match you with the right buyer. Easy! Many of the established homes sold here at our resort in recent months have only been on the market for a few days or a week. Many don't even get a chance to be formally listed - our database of cash buyers are that eager to secure their over-50s dream here with us!

Commission-free transition

Did you know that if you are a resident of any Palm Lake Resort and relocate to a brand new home in a different Palm Lake Resort location, you won't pay any agent's commission on the sale of your original Palm Lake Resort home?



For home appraisals, private resort tours and any other general sales enquiries, contact Palm Lake Resort Toowoomba Senior Sales Consultant Shirley Ortez on 0417 189 927 or email shirleyo@palllake.com.au

Life is cruisy

at Palm Lake Resort.

Living at Palm Lake Resort has been compared to living the cruise ship lifestyle everyday. Just like cruising, our residents have everything they need, right on their doorstep. Think resort-style pools, gymnasiums, a wealth of activities and entertainment, social gatherings, food and drink, and more. But you can captain your own ship, here at Palm Lake Resort. This is your time.



SALES INFORMATION CENTRE OPEN 7 DAYS | 9am – 4.30pm | 1800 280 129
salestoowoomba@palmlake.com.au | 97-161 Hogg St, Toowoomba QLD

THE BEST IN OVER-50s LIVING. THIS IS YOUR TIME.
palmakeresort.com.au